

Care and Use Guide Spinal Orthosis

- You have been fit with a Spinal Orthosis.
- Unless otherwise directed, please give yourself a gradual break in schedule to allow your body to get used to the device.
 - Start with an hour today.
 - Increase an additional hour per day as tolerated.
- Following use, remove your orthosis and inspect your skin.
 - There may be some skin redness from pressure areas.
 - Redness should not persist for more than 15 minutes after removal.
 - Redness that does not disappear can be a sign of excess pressure.
- Also discontinue use if any sign of numbness, tingling, color change, excessive itching, swelling, or pain develops.
- Please contact our office for adjustments and do not reapply orthosis. Failure to do so could lead to blisters or open sores.
- This orthosis is designed to support and limit the motion of your back.
- Usually, this device is worn anytime you will be out of bed.
- However, some conditions require 24 hour per day usage. You may need to check with your doctor.
- [T]LSOs or back braces should always be worn over a snug shirt, preferably cotton.
- Unless your doctor instructs you differently, your orthosis should be put on before you get up out of bed.
- It is important that the waist grooves – indentations in the sides of the orthosis – align with your waist.
- Pull all straps snug until the orthosis cannot be shifted on your body.
- Your orthosis lining can be cleaned with a washcloth and mild soapy water.
- Make certain all soap residue is removed, and the orthosis is completely dry before reapplying.
- Make sure you are comfortable with how to properly put on and take off your orthosis.
 - Never attempt to modify your orthosis yourself.
- Please inspect your orthosis daily for any signs of wear including cracking, loose parts, or decreased effectiveness of the device and call the office as needed.
- A yearly checkup is recommended.

